

SOUTH DAKOTA STATE UNIVERSITY, COLLEGE OF FAMILY & CONSUMER SCIENCE
Department of Nutrition, Food Science & Hospitality

Course: NFS 492/592, Current Topics: Nutrition Update

Instructor: Kendra Kattelman, Ph.D., RD, LN
Associate Professor, Nutrition, Food Science, and Hospitality

Contact Information:

Questions on **cost, registration, how to register**, and other logistical type questions can be answered by:

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Questions on **course content, course requirements, grading, make-up work, and other academic type questions** can be answered by:

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Course Description:

TEAM Nutrition is sponsoring this workshop/course for educators and others in the state of South Dakota. Participants can choose to complete the course for 1 undergraduate credit, 1 graduate credit, or as CEU. It is the participant's responsibility to choose whether they desire credit for the course and then register for the appropriate section. Participants will gain knowledge, resources and skills that can be used to teach nutrition and create a healthier nutrition environment at their school and in their community. This workshop consists of 9 two hour sessions beginning in September and ending in November, 2006 for a total of 18 hours. The class will broadcast at 4:30- pm on September 21, 28, October 5, 12, 19, 26, and November 2, 9, and 16.

Objectives:

- Participants will gain knowledge about and be able to explain childhood obesity trends in South Dakota and the nation.
- Participants gain knowledge about the effect of advertising on children's behavior.
- Participants will be able to identify resources to assist with teaching nutrition education and encourage physical activity.
- Participants will be able to explain how school staff, students and the community can work together to create a healthier nutrition environment.
- Participants will gain knowledge in basic nutrition to understand basic nutrition concepts and explain fad diets, health claims, and the new MyPyramid.
- Participants will be able to understand and explain the basic principles of the school lunch program.

Text:

There is no text for the class. Handouts and other required materials will be posted through WebCT. You will access to assignments, handouts, and grades through WebCT. There are a number of ways to access WebCT. One of the URLs is:

<http://webct.sdstate.edu/webct/public/home.pl> Your login and password are your colleague ID.

Class Requirements**Continuing education from the Department of Education:**

Participants, who are taking this course for continuing education credit from the Department of Education, need to attend 15 hours of the class. This means that one session can be missed. If you miss a second session and desire to make-up the time to receive your CEU, check the “missed session” assignment in WebCT. There will be a discussion question posted to WebCT each week. A brief response will be expected.

Graduate credit. Participants will develop a mini-grant proposal ready for submission. The participant will assess their current environment for needed nutrition and physical activity education, search or develop materials or a program to meet these needs, search for a funding source and draft a proposal for money to implement a nutrition and physical activity program in their school or community. The grant submission must have a nutrition education component and can include a physical education component if desired. Complete instructions will be posted in WebCT. There will be a discussion question posted to WebCT each week. A brief response will be expected.

Undergraduate credit: Participants have the choice of 1) writing a 4-5 page paper on an area of nutrition which they desire more information or 2) describe in detail how they plan to use the information gained from class. Complete instructions will be posted on WebCT. There will be a discussion question posted to WebCT each week. A brief response will be expected.

Grading requirements:

90% = A

80% = B

70% = C

60% = D

<59% = F

Tentative Course Outline

Date	Topic	Guest Speaker
September 21	1. Introduction 2. Nutrition Status of Children in South Dakota: statistics and trends—Sounding the Alarm 3. Media, computer games and our children	Kristin Biskeborn, MPH, RD, LN State Nutritionist
September 28	Money makes the world go around	Debra DeBates Ph.D Associate Professor, Family and Consumer Sciences Education
October 5	Getting Creative- let's solve the problem	Kris Sands, RD, LN Team Nutrition Consultant and SDDA Media Representative <i>Teresa Motlas</i>
October 12	Let's Talk About Nutrition <ul style="list-style-type: none"> • Carbohydrates, Protein, Fat 	
October 19	Let's Talk About Nutrition (Cont.) <ul style="list-style-type: none"> • Vitamins, Minerals, Water, Fiber • Artificial Sweeteners 	
October 26	Dietary Guidelines, Portion Distortion, Reading Labels, Where to go for more information	
November 2	1. Understanding the school lunch program 2. The food service director's perspective	Sandra Kangas Director of Child and Adult Nutrition Services Joni Davis , Director of Sioux Falls Public School Food Service
November 9	1. Fad diets, supplements, organic foods, health claims, eating disorders 2. Nutrition in the news and understanding studies	Joan Hegerfield, MS and Dr. Rhonda Burrows to speak on organic foods Food Safety Specialists
November 16	1. How to accomplish your goals 2. It takes a community	Karlys Wells Extension Assistant Nutrition Network/Team Nutrition